

Vol. 9, No. 7

Serving the Corps for 75 Years Marine Corps Logistics Base Barstow

April 9, 2020



Social Distancing

Social distancing means that you should **avoid close contact** with healthy people. If you are sick, you can help stop the spread of disease by social distancing. If you are healthy, you can help prevent yourself from getting sick. Social distancing is recommended if Coronavirus Disease 2019 (COVID-19) is spreading in your community. Local news media and your public health department will announce when the disease is spreading locally.



Stay about 6 feet, about two arm lengths, away from other people.

» Avoid hugging and handshakes during this time.

Avoid big crowds when you can.

- » Sometimes this won't be possible.
- » If you need to be in a line or a group of people, try to keep about 6 feet of distance from them.





Find ways to maintain important connections with friends and family members even while staying physically apart



cdc.gov/coronavirus

For more information about COVID-19:

https://www.cdc.gov/

https://www.usa.gov/coronavirus/

http://wp.sbcounty.gov/dph/coronavirus/

https://coronavirus.gov/

On The Cover:

Front cover: Laurie Pearson

Lance Corporal Jeremy J. Tom, warehouse clerk, screams in pain as Lance Cpl. Noah M. Avila, data systems administrator, tries to help him by spraying him with cold water, after Tom was sprayed with OC spray as part of the Special Augmetation Force training held aboard Marine Corps Logistics Base Barstow, Calif., April 1.



Marine Corps Logistics Base Barstow, California Colonel Craig C. Clemans, commanding officer Sgt. Maj. Edward C. Kretschmer, base sergeant major

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On the web

Links in this publication are interactive in the online version

Website: http://www.mclbbarstow.marines.mil

http://www.facebook.com/pages/ Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314

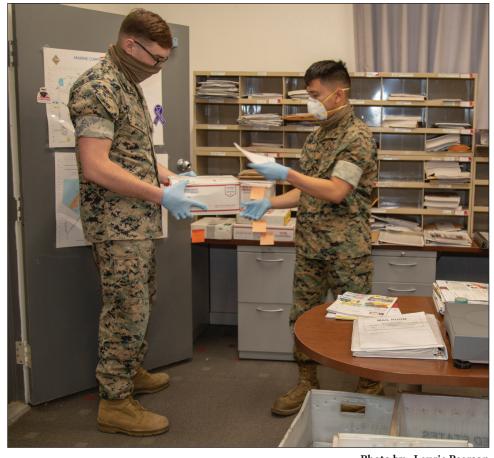
http://www.twitter.com/#!/MCLB_Barstow











Corporal Colten Kokes, S-1 Administration clerk and Lance Cpl. Zachary Gandiongco, Postal clerk, work together to process necessary mail using mandatory Personal Protective Equipment, such as latex gloves, a protective gaitor for the face or a protective facemask, aboard Marine Corps Logistics Base Barstow, Calif., April 8. The new orders from Riverside County, San Bernardino County Public Health officers and the Marine Corps, mandate the use of such PPE when in public to obtain necessities, within certain facilities and in circumstances when maintianing the safer six feet between people for social distancing is more difficult. Of course, ideally, people are instructed to stay safe at home during this ongoing pandemic with Covid-19, unless they are essential personnel or out obtaining just the necessities.

Photo by: Laurie Pearson

Got news? Call us! (760) 577-6430

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Volunteering service can be rewarding

Story by: Rob Jackson COMMSTRAT Officer

One of the most rewarding things in life is volunteering just a little of your time to help someone out, like assisting a senior citizen with gathering and delivering groceries, for example. Or maybe you can help a charitable organization that's doing good things within the local community, like picking up trash from children's playgrounds, and base cleanup.

Volunteering allows you to connect with your community and make it a better place...

And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. It can also help augment and support efforts by an organization that may not have funding for full staff.

For these reasons Sergeant Major Edward Kretschmer, Marine Corps Logistics Base Barstow base sergeant major, has decided to revisit and implement Base Order 5380.1A Volunteer Opportunities and Guidelines.

Immediate Opportunity

Come volunteer with us this Saturday!

Time: 8 a.m.

Location: Meet us at building 15

Please bring gloves

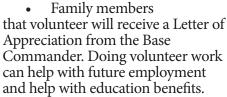
"Volunteering is a way for our Marines and civilian employees to give back to the community that supports Marine Corps Logistics Base Barstow and its military personnel, civilians and residents," said Kretschmer. "It is also

> another way Marines can gain points towards their Volunteer Service Medal and

promotion."

According to the base order:

Volunteer opportunities will help build teamwork and a sense of pride in ownership. If a Marine volunteers during his or her time off, he/she will be rewarded for their efforts. If a Marine volunteers for three events or more on their off duty time, he/she will receive a Letter of Appreciation. If a Marine volunteers for six events or more on their off duty hours, he/she will receive a Meritorious Mast. If a Marine volunteers 12 times or more he/she will receive a Certificate of Commendation. If a Marine completes more events than mentioned, the events will go towards a Volunteer Service Medal or other awards.



- Civilian employees or contractors that participate will also be rewarded for their time and efforts. Volunteer service must be completed during their time off.
- Volunteer events consist of, but are not limited to, Base cleaning, any Marine Corps Community Services events after hours, Special Olympics, and Single Marine Program events after hours. Volunteer hours that are completed in the community will also be accepted. The event will be vetted by the Volunteer Coordinator, who is Sgt. Maj. Kretschmer.

Kretschmer is very passionate about volunteer service, and it shows with his two Military Outstanding Volunteer Service medals, and he

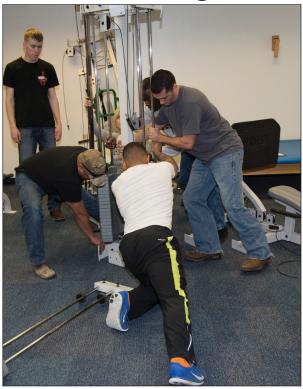


Photo by: Rob Jackson

Part of the group of MCLB Barstow volunteers team up to readjust the placement of a universal gym, although in pieces, to make sure it is placed in its proper spot in the Veterans Home of California work out room.

feels that everyone should volunteer just a little of their time to give back.

What is the definition of a volunteer?: A person that actively takes on a task, responsibility, or project of his or her own accord, without needing to be assigned, ordered, or told to do so. Often a volunteer is not paid for the work that they provide. For example, a volunteer may desire to work at a company's charitable events with or without pay and may even request to do so without being asked or told to do so.

There are many opportunities to volunteer aboard MCLB Barstow and within the local community. Look for those opportunities during the coming weeks or months. Once you start volunteer service you will start to see just how rewarding it can be for you, your family, the Base and the local community as a whole.



COMMANDER'S FORUM

Guidance: COVID-19 & face covering

MCLB Team,

It is difficult to keep up with the changes in guidance being passed down from multiple agencies. Here is where we're at:

On April 5, DoD Guidance required that, "Effective immediately, to the extent practical, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers (this does not include a Service member's or Service family members' personal residence on a military installation)."

On April 6, MARADMIN (HQ Marine Corps level) 218/20 and a draft I MEF Policy Letter 4-20 were published. These amplify the guidance and direct, "I MEF personnel will have cloth face covering in their possession at all times." MCI-W, BGen Conley has stated all installations will comply.

That evening, the Defense Commissary Agency (DECA) published an order that face coverings were to be used at all commissaries nation-wide. SgtMaj Kretschmer did an excellent job posting at the commissary the morning of April 7 with a box of masks for those patrons who may not have gotten word of the face covering requirement (published the previous night). From 9 to 9:30 a.m. Tuesday mornings the commissary continues to be reserved for active duty and their dependents only - please consider taking full advantage of this.

On the evening of April 7, San Bernardino County's Acting Health Officer published a news release stating, "In an effort to protect the public from further spread of COVID-19, the County's Acting Health Officer has formally ordered everyone in San Bernardino County to wear a face covering when leaving home."

ADHERRING TO I MEF / MCI-W GUIDANCE WHILE ABOARD MCLB, ALL HANDS WILL WEAR FACE COVERINGS WHILE AT THE COMMISSARY, MARINE MARTS, AND GAS STATIONS. FACE COVERINGS WILL BE WORN WHEN REQUIRED TO WORK WITHIN SIX FEET OF ANOTHER INDIVIDUAL, OTHERWISE SOCIAL DISTANCING WILL BE PRACTICED WITHOUT EXCEPTION. TO ENHANCE EFFICIENCY AND CONTINUE TO PROVIDE SUPPORT TO FORWARD DEPLOYED FORCES, FACE COVERINGS ARE NOT REQUIRED WHEN OBSERVING SOCIAL DISTANCING IN

THE WORK SPACES
WHILE ABOARD
MCLB BARSTOW.
IMMEDIATELY
UPON EXITING THE
BASE, IT IS FULLY
EXPECTED THAT ALL
HANDS WILL OBEY
SAN BERNADINO
COUNTY'S DIRECTIVE
TO WEAR FACE
COVERINGS "WHEN
LEAVING HOME."



Official U.S.M.C. photo

This specified application of various

directives is enacted by authority provided in the Supremacy Clause (Article VI of the Constitution).

As a Base, we remain calmly at HPCON "C" with nearly 65 percent of our work force teleworking from home - we continue to accomplish our mission. Given the pandemic, we have aggregately done a tremendous job keeping the virus from our work space and community to date. San Bernardino County posted, April 8, the City of Barstow as having eight positive test results and we mourn the loss of one.

Remain self-disciplined. Follow the Orders issued. Focus on your mission. Focus on self-improvement. This is the right time to relax, reflect, call old friends ... and write a thank you note to your 3rd grade teacher!

Finally, the Acting Secretary of the Navy, Mr. T. Modley, has resigned. Regardless of what you think regarding actions taken involving the USS Roosevelt's Commanding Officer, the Secretary's final "Vector" is well worth three minutes of your time. It demonstrates the Secretary's character and is an example to us all of someone who takes full responsibility for their words and deeds. I think you'll find it inspiring.

Pray. Control your mind. Be a good neighbor. We're all in this together!

Semper fidelis,

Col. Craig C. Clemans Commanding Officer



Marines engage in Special Augmentation Force

Story by: Laurie Pearson CommStrat Chief



Photo by: Jack Adamyk

Marines take aim at their targets prior to a qualification course, as part of the Special Augmentation Force training held at the range aboard Marine Corps Logistics Base Barstow, Calif., April 3.



Photo by: Laurie Pearson

Lance Corporal Noah M. Avila, data systems administrator, displays his red, irritated eyes after undergoing OC spray gauntlets as part of the Special Augmentation Force training aboard Marine Corps Logistics Base Barstow, Calif., April 1. Marines who are qualified in SAF training are better able to support law enforcement in their efforts to ensure base and community safety.

In order to ensure the safety of the base and local community during the Coronavirus, COVID-19, pandemic, Marines partake in Special Augmentation Force training aboard Marine Corps Logistics Base Barstow, Calif.

The training is not an uncommon sight on Marine Corps bases, at any time, as it allows for more flexibility in law enforcement staffing. The specialized training allows Marines to support law enforcement endeavors and increases their response capabilities.

"Taking on new tasks is something Marines have been doing for decades," said Capt. Mark Machado, chief of police with the Marine Corps Police Department on base. "Adaptation to an ever changing environment is what has always set Marines apart from other branches of military services. When the installation commander asked for volunteers to augment the police officers, it was no surprise to me that we had 12 Marines on a roster and ready to execute the SAF training the very next day. I am also honored that the instruction these Marines received, came from professionals within our very own police department."

The training includes classroom time covering law enforcement topics such as community base policing, taking



Marines train with pistols prior to a qualification con Force training aboard Marine Corps Logistics Base

e training aboard MCLB Barstow

reports and how to respond to incidents. It also includes hands on training in conducting vehicle stops and searches, specialized firearms training, and the oleoresin capsicum (pepper) spray gauntlets.

During the firearms portion of the training, law enforcement trainers teach the Marines to hone their skills with handguns, and engage them in timed target shooting. This training allows the Marines to be able to carry the law enforcement hand guns as they would if they were a sworn police officer. In order to carry OC spray, they must experience being sprayed themselves, then work their way through a series of simulated fights, ensuring that they execute blocks, hits and arresting a role-playing suspect properly, fighting through the pain, tears, snot and drool caused by the pepper spray.

Afterwards they're hosed down, while they wash their faces with baby no-tear shampoo or dish soap then monitored through recovery by other Marines and police officers, with medical personnel on standby. They are also given special instructions on how to proceed later through laundering their clothing, showering, and maintaining proper nutrition and hydration after the brutal training regimen.



Photo by: Jack Adamyk

urse at the range as part of the Special Augmentation Barstow, Calif., April 3.



Photo by: Laurie Pearson

Lance Corporal Kimberly Mendez, installation fuel accountant struggles to breathe and wash OC spray from her face with the help of Cpl. Jose O. RiveraMartinez, network transport technician, as part of the Special Augmentation Force training held aboard Marine Corps Logistics Base Barstow, Calif., April 1.



Photo by: Jack Adamyk

Corporal Dereck Rivera, network administrator, and Lance Corpoal Noah Avila, data systems administrator, perform marksmanship training at the range aboard MCLB Barstow, Calif., April 3.

Marine of the Quarter: Lance Cpl Avila

Story by: Keith Hayes COMMSTRAT Planner

Lance Corporal Noah Avila has a habit of being the best, as demonstrated by his capturing Marine of the Year for 2019 followed by his most recent recognition as Marine of the Quarter for the first quarter of 2020.

Avila was chosen from a field of stellar Marines as best typifying the ideals and spirit of the Corps by the selection board at Marine Corps Logistics Base Barstow, California, April 3.

The S-6 Communications Department data systems administrator arrived at MCLB Barstow in May 2019 after attending Military Occupational Specialty training at Marine Corps Air Ground Combat Center, 29 Palms, California.

The choice of his MOS was a natural for Avila. "I had designed websites for charitable organizations starting in 8th grade, especially for Massachusetts Project 351," he explained. "I've been

Massachusetts Project 351," he explained. "I've been with them ever since. I'm also on their Leadership Team. They do a lot of work with young people, teaching them the principles of leadership."

Avilas volunteer work extends to his active duty life as well.

"I also work with charities in Barstow helping to feed the homeless," he said. "I'm the president of the Single Marine Program at MCLB, which gives me the opportunity to plan trips for my fellow Marines to places they might not otherwise go."

Avila was raised in Dighton, Mass., where he graduated from high school and applied for college.

"Then I decided I wanted to join the Marines," he said. "They are the best, and I wanted to be with the best."

The choice concerned his father, whom as a naturalized American originally from Portugal, placed a high value on education, and wanted the oldest of his three sons to go to college.

"Then a Marine recruiter explained the educational benefits they had to offer, and my dad came around. My mother had always backed my choices," Avila said.

He attended boot camp at Marine Corps Recruit Depot, Parris Island, N.C. after joining the Corps in August 2018.

"Boot camp was fun in a unique way," Avila said. "I was already in pretty good shape, so I wasn't worried that much. But the idea is to tear you down and build you back up the way the Marine Corps want you to be."

When he received orders to MCLBB he asked around and found that even many senior Marines didn't even know there was a Marine base in Barstow.

"Those Marines who did know about the base told me it was in the middle of nowhere and there wasn't much here," Avila said. "But I've found there's a lot of opportunities here. Everything's available; skiing, surfing, Las Vegas. All it takes is a few of hours of driving."

Master
Sergeant
Tiana Tien,
Communications
Chief, now
retired, submitted
Avila for Marine
of the Quarter
consideration as
well as his 2019
Marine of the
Year honors.

"Lance Corporal Avila is an extremely capable Marine and will get any task he's assigned



Official U.S.M.C. photo

accomplished quickly and done well," Tien said.

As with the rest of America and the world, the

COVID-19 pandemic has caused civilians and Marines aboard the base to do their jobs a little more creatively because of social distancing restrictions put in place to

slow the spread of the Coronavirus.

"I work the help desk at Communications, so I do a lot of my work over the phone and through remotely taking control of a customer's computer to fix any issues rather than going to the customer. The Communications Department is doing excellent work to keep the data systems running, which helps MCLB to maintain its mission," Avila said.

He's also a big supporter of finding out what a person can do if they put their mind to it.

"I would definitely encourage someone to join the military if they're considering it," Avila said. "It doesn't have to be the Marine Corps. You need to push yourself to find out what you can do, even if you don't think you can."

He said the Marines and civilians you work with are extremely important and that relationship needs to be cultivated.

"Don't underestimate the value of your people, they're the most valuable assets the base has and need to be treated with respect. That way you'll get the best from them and make your job more rewarding," Avila concluded.



Protecting our people protects our mission!

Story by: Laurie Pearson CommStrat Chief

Marine Corps Logistics Base Barstow focuses on Sexual Assault Prevention and Awareness Month by highlighting the importance of protecting the people and the mission during the month of April.

"Regardless of rank, grade, or job specialty, we all can take action to 'protect our people,' said Michelle Lawing, Installation Sexual Assault Response Coordinator, Sexual Assault Prevention and Response Program, Behavioral Health Section on base. "The theme's tie to 'protecting our mission' supports the Department of Defense's priorities."

Sexual Assault Prevention and Response is a program dedicated to eliminating sexual assault within the Marine Corps and providing continuity of care for victims of sexual assault through effective education, policy, and program support.

"It's important because sexual assault is a criminal act that erodes unit cohesion and contradicts

Marine Corps core values,"
Lawing said. "Every Marine needs to be aware of what constitutes sexual assault and the consequences of such behavior. The SAPR program helps Marines to learn the tools to safely intervene when witnessing high-risk behaviors that may result in sexual assault through training and education."

The SAPR program also provides comprehensive prevention and response services to individuals impacted by the crime and addresses behaviors that can lead to sexual assault. Sexual violence remains an ongoing issue in the military and in the country as a whole.

- These statistics are from the 2016-2019 DOD SAPRO Reports which were updated December 2019: In 2018 approximately 20,500 service members were sexually assaulted or raped including 13,000 women and 7,500 men. Retaliation is happening more now.
- 64 percent of women who reported a SA faced retaliation. The SAPR program is now tracking this and has a DOD Retaliation Prevention and Response Strategy Implementation Plan.
- We have new retaliation reporting procedures.

"MCLBB has a very low percentage of reported cases," Lawing said. "Sexual violence offenses range from penetration offenses (rape, forcible sodomy) to contact offenses (aggravated sexual contact, abusive sexual contact) and any attempts to commit those act. ALL sexual assaults are considered serious."

One thing that can help is for people to consider reaching out to the local community to help with prevention efforts to boost awareness.

"You can volunteer at a crisis center, staff a hotline, participate in fundraising events, advocate for survivors, help raise awareness and improve safety measures on college campuses, or get creative and host your own educational or advocacy event," she suggested. "To help victims, the most basic thing that you can do is just believe them. Ensure the victim is okay, that they're currently safe. Ensure safety first, for example get them medical attention if necessary. Then help them get them to the right resources."

If you are, or someone you know is, in a situation where instincts indicate that something is not right, then there are three ways to intervene and help keep someone from being a victim.

The SAPR program teaches Marines Bystander Intervention techniques:

- Direct Direct means to give commands or orders. Get directly involved to diffuse the situation.
- Distract Distract is to draw away or divert the situation.
- Delegate Delegate is to appoint someone else to get involved, for example a friend, if you feel uncomfortable doing it yourself.

"The SAPR program is for active duty military personnel and their adult dependents over the age of 18," Lawing explained. "If a child is sexually assaulted they would be referred to the Family Advocacy Program. Encourage children to speak up. Teach your child about boundaries. Let your child know that no one has the right to touch them or make them feel uncomfortable, even family members. Teach your child how to talk about their bodies. And be available. Set time aside to spend with your child where they have your undivided attention. Let your



SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

Develop symptoms

AND

 Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID-19



child know that they can come to you if they have questions or if someone is talking to them in a way that makes them feel uncomfortable. If they do come to you with questions or concerns, follow through on your word and make the time to talk."

Anyone can be a victim of sexual assault: Female, male, young and old. Sexual assault doesn't discriminate. Same goes for the perpetrators.

"People still tend to think of someone who sexually assaults

someone as the man who jumps out of the shadows or the bushes and attacks you at night," Lawing said. "In reality, in most cases, it's someone the victim knows. It can be a family member or friend. Someone you already have trust in. It can be for power and control over another person. A critical part of a perpetrator's self-

image is being able to dominate others."

Some of the things that predators are reported to look for in victims includes people with broken families and people who lack in confidence.

"These people are often targeted because the predator can isolate them more easily and control them," Lawing said. "The SAPR Program is designed to deal with crisis intervention and will advocate for the victim. This program is all about caring for the victim. We can get them to the right resources for them, such as legal assistance, counseling, medical and other legal resources. We are here to help them every step of the way."

If you or someone you know needs assistance, do not hesitate to reach out for help:

- SAPR Support Line 760-577-6036
- DOD Safe Helpline 877-995-5247
- DLA SAPR Hotline 800-841-0937 (civilians)
- DON CEAP for civilians 844-366-2327
- San Bernardino Sexual Assault Services 800-656-4673
- Desert Sanctuary Haley House 760-256-3733
- Rape Abuse and Incest National Network 800-656-4673
- Family Advocacy Program 760-577-6533
- Family Advocacy Hotline Number 760-577-6484

Commissaries installing plexiglass panels

Story by: DeCA Corporate Communications



Plexiglass shields are currently being installed and will be in all commissaries in the next several days. The plexiglass panels are 36 inches high and range in width from 24-30 inches. They will

not be placed at self-checkout stands.

The panels are just one of many protective measures the Defense Commissary Agency (DeCA) is implementing to follow the highest standards of the Department of Defense's health protection in our stores, said Rear Adm. (ret.) Robert J. Bianchi, DOD special assistant for commissary operations.

"We at the Defense Commissary Agency want to reassure our valued customers and our dedicated employees that their health and welfare are our number one concern," Bianchi said. "At our commissaries we are wiping down checkout areas, restrooms and shopping carts with disinfectant, and practicing routine hand washing and other basic sanitation measures to avoid spreading germs.

"We're also encouraging our employees to closely monitor their health and well-being, and asking them to stay home if they, or someone in their household, are sick."

Preparing for and responding to emergencies is nothing new for DeCA, the admiral added. Over the years, commissaries have dealt with all manner of natural and man-made crises and continue to work with military leaders and industry suppliers to maintain delivery of the benefit.

"Please be assured that DeCA's objective right now is to provide for you and your families with necessary goods and to make sure our stores remain safe and clean," Bianchi said.

For more information about DeCA's response to the coronavirus, go to the <u>commissary website</u>.





Marine Corps Logistics Base Barstow

To preserve the health and welfare of base employees and to help limit the spread of Covid-19 the following are changes to base activities and areas of function.

Postponed or Closed

Postponed:

- Self-Defense Classes (Weds nights)
- Spin Classes (Weds nights)
- 3 on 3 Basketball Tournament (26 Mar)
- Cheri Magorno's Retirement Party (26 Mar)
- MSgt Tien's Retirement Ceremony (31 Mar)
- Spring Festival (8 April)
- Art For Everyone (Mondays)
- LINKS Coffee Chat (18 & 26 Mar)
- Wellness Series (19 Mar)
- Play Morning (20 Mar)
- Swim Lessons (23-27 Mar)
- Guest Speaker (17 April)
- SAPR 5K (24 April)

Closed:

- Golf Course
- Pool
- Bowling Alley
- ITT
- SMP/Active Duty Rec Center
- Pass & ID Nebo 101, Yermo 406

Modified Hours and Services

Semper Fit Gym:

• Active Duty, Fire and Policed Only: Mon-Fri 0600-1700 and Sat-Sun 0800-1700

Library

• Open 0800-1600

Route 66 Cafe:

• Grab n' Go orders only. Call orders in ahead 577-6428.

Entrance Gates:

• Gate guards will not handle your CAC when entering base, but should still scan it

Pass & ID 236

Appointment only

Commissary

- Open every Tuesday 0900-0930 for active duty and spouses only
- Open Tues Sat 0930-1800 for everyone else eligible. IDs will be verified.